

Number One For Me

COPPER KNOB
BYEPOSTETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Helma Yoga (INA) - November 2022
音樂: Number One For Me - Maher Zain



Restart on wall 2 & 9 after 16c

Start dance after 32c on the vocal

#1. SKATE - DIAGONAL LOCK SHUFFLE (R-L)

1 - 2 Sliding R diagonal forward to R , sliding L diagonal forward to L
3&4 Step R diagonal forward to R , L lock behind R , R diagonal forward to R
5 - 6 Sliding L diagonal forward to L , sliding R diagonal to R
7&8. Step L diagonal forward to L , R lock behind R , L diagonal forward to L

#2. PIVOT 1/4 TURN LEFT - CROSS SHUFFLE -SIDE ROCK - SIDE - CROSS-SIDE

1 - 2 Step R forward , 1/4 turn left step L in the place (09.00)
3&4 Step R cross over L , L to side , R cross over L
5 - 6 Step L to side , recover on R
7&8 Step L behind R , R to side , L cross over R

#3. SIDE TOUCH (HIP BUMP) - SAILOR 1/4 TURN R - WALK FORWARD - MAMBO FORWARD

1&2 R touch point to side with hip up , left , right
3&4 1/4 turn right step R behind L , L to side , R forward (12.00)
5 - 6 Step L forward , R forward
7&8 Step L forward , Recover on R , L back

#4. BACK LOCK SHUFFLE - BACK MAMBO - CHASSE 1/4 TURN RIGHT - CROSS ROCK - SIDE

1&2. Step R back , L cross over R , R back
3&4 Step L back , recover on R , L forward
5&6 1/4 turn right step R to side , L beside R , R to side (03.00)
7&8 Step L over R , recover on R , L to side

Last Update – 10 Nov. 2022